

H2A Pre Team and Nova

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Pre Team Group Criteria

- Swimmers wishing to participate in the Pre Team group should be comfortable in the water. The swimmer should not need the help of an adult to enter the water or be in the "deep" end.
- Swimmers should be able to swim one lap (25 yards) of freestyle.
- Swimmers should be comfortable swimming on his or her back (attempt one lap of freestyle).
- Swimmers should try to attend at least 2 of 4 practices a week.

Nova Group Criteria

- Swimmers must be familiar with all four strokes (technique does not have to be flawless or legal yet) and effectively do all kicks.
- Swimmers should understand drill terms (high-elbow finger-tip drag, catch-up drill, etc).
- Swimmers should be able to do 5 – 10 50's freestyle (interval different per swimmer at this level).
- Swimmers should know how to hold a kickboard and do a kick set.
- Swimmers should understand a flip turn and be willing to attempt it.
- Swimmers should try to attend 2 – 3 practices a week.

Bronze Group Criteria (coach Alex Snyder)

- Attend 13 practices a month (averages out to just over three a week)
- Be able to swim 3 out of 4 strokes legal
- Have understanding of "finishes" for all four strokes
- Be able to focus and listen for an hour
- Be able to swim :
 - 10x50 Fr on 1:10-1:15
 - 10x50 Kick on 1:25
 - 8x25 Backstroke or Breaststroke on :40

Parent Meeting Information

Swimmers:

- Practice for Pre Team is Monday through Thursday from 4:00 pm – 4:30 pm. Swimmers should be ready to swim at 4:00 – caps, goggles, kickboard by the lanes. Practice for Nova is Monday through Friday 4:30 pm – 5:15 pm. Swimmers should be ready to swim at 4:30 pm – caps, goggles, kickboard and fins by the lanes.
- Swimmers should not be in the shallow end swimming prior to practice.
- Girls should be wearing swim caps at practice. Many girls are pushing their hair back while swimming, causing a distraction. Swimmers each receive one H2A latex swim cap (can also be purchased), H2A or decorative swim caps can be purchased, and cloth caps can be purchased. Augusta Swim Supply has all of these products.

- Swimmers should have a positive attitude and willing to work towards goals at practice and meets.

Parents:

- While on deck at practice, parents should refrain from contact with swimmers. Parents are welcome to stay and watch in the seats or bleachers, but remember that we are at practice and they already have a coach. Not only is it a distraction to the child, but the entire group notices and is distracted as well. Would you walk into your child's classroom and do that?! Being a teacher also, I hope not!
- At the same note, please refrain from "coaching" your child on or off the "field." Enforcing what the coach says is one thing, but a child can be very confused with too much coaching.
- Meets are a great time to participate and reinforce what all the practices mean. I highly suggest your child begin participating in meets early. Meets are typically 3 days, but your child does *not* have to participate all of those days, especially the first meet or first few seasons. A swimmer can participate in one day during the session for his or her age.
- ***Please do not expect me to tell you when your child is ready for a meet.*** Your child is ready for a meet. We can get him or her in at least one event at a meet.
- Parent participation is extremely important. By being involved in the team and swim group, you are showing your interest and commitment to your child first and H2A second. Involvement is as simple as coming to the banquet, helping at a swim meet, helping at a fundraiser or even participating in a fundraiser. I understand that for younger families it's challenging because you don't know how long your child will hold interest, but I guarantee the interest will be there if you show interest. This includes participating in meets.
- I would *love* to have more activities for the swimmers out of the water. We will try to do team activities as well as group activities; therefore, I hope I can have group parents to help me organize different events.
- The coach will make the ultimate decision on moving a swimmer to the next level. Please know that we want success for swimmers, so we will not set them up to fail by putting them in a group over their head and we will not keep them in a group when they could be challenged more.

Please contact me if you have any questions. Your first swim meet may look like a mad house and the heat sheet may look like a foreign language, but believe it or not, you will learn! If you have any worries, concerns or confusions, I will happily discuss it with you at any time, but not while I'm coaching. ☺

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